

THE HOME CIRCLE

Pleasant Reveries—A Column Dedicated to Tired Mothers as they join the Home Circle at Evening Tide.

ARE FRUITS AND VEGETABLES LUXURIES?

Our Daily Diet Needs the Free Assortment of These Natural Health-making Foods

Mary Swartz Rose in The Farmer's Wife

In the House of Diet fruits and vegetables may be likened to windows and doors, fireplaces and chimneys; we could dispense with them, we could board up our windows and make a fire on a big stone in the middle of the room, letting the smoke escape through a hole in the roof but such a course would not mean comfort year in and year out. So we may exist without fruits and vegetables but it is worth while to stop to consider what we gain by their use.

We shall have to admit at the outset that if we have to spend money or labor for them, fruits and vegetables are not the cheapest source of fuel for the human machine. Some of them are cheaper fuel than butter, eggs or meat but not so cheap as cereals, sugar, molasses, sirups and some of our cheapest fats. This is true of potatoes, parsnips, carrots, dried peas and beans, and such fruits as bananas, prunes, raisins, dates, figs and possibly a few other dried fruits but we cannot justify our investment in most fruits and vegetables solely on the idea that they are "filling" in the sense of being of high fuel value; on this ground lettuce, celery, cabbage, tomatoes, lemons, rhubarb, cranberries and many others would find no place in our domestic economy.

Remember that man does not live by fuel alone, we may find ample reasons for spending some of our food money upon things which at first thought seem to give an inadequate return. There is an old adage, "An apple a day keeps the doctor away," which if true, means that the apple is a real economy, a kind of health insurance, for an apple costs seldom over five cents, often only one, and a doctor's visit may easily cost a hundred times as much. There is a certain amount of truth in the saying though the apple does not have a monopoly on the supposed virtue.

It is more accurate if less poetic, to say that an assortment of fruits and vegetables helps to keep us in good health. Before the days of modern cold-pack canning, in the spring mothers used to assemble their little home groups and, in spite of sundry hindrances under tables on the part of reluctant Johnnies and Susies, dutifully portion out herb tea or sulphur in molasses. Spring cleaning could never stop short of "cleansing the blood!" And after a monotonous winter of meat and potatoes no doubt heroic measures were necessary to make up for a badly balanced diet. Nowadays we recognize no such seasonal need. We carry our surplus of fruits and vegetables over from summer to winter and profit not only in the greater daily pleasure of our tables but in clearer skins, brighter eyes and less "spring fever."

How do fruits and vegetables help to keep us well? In the first place, by their wholesome effect upon the bowels. As a rule we associate regular daily movements with health but do not always recognize the part which diet plays in securing them. If we eat little besides meat and potatoes, bread, butter and cake or pie, we are very likely to have constipation. This is particularly true for those who work in doors or sit much of the time. Now

CHILD SAVED FROM WORMS

A mother of six children writes: "My baby was very sick and a friend of mine suggested trying Dr. Tru's Worm Expeller. Now I have six children and an answer without Dr. Tru's Expeller in my house." Mrs. E. N. Gile, West Newbury, Mass.

Signs of worms are: Deranged stomach, swollen upper lip, sour stomach, offensive breath, hard and full belly with occasional gripings and pains about the navel, pale face of leaden tint, itching of the nose, itching of the rectum, short, dry cough, grinding of the teeth, little red points sticking out on tongue, starting during sleep, slow fever. If your child shows any of these symptoms, start giving Dr. Tru's Expeller at once.

Fruits and vegetables have several properties which help to make them laxative. Many have considerable woody fiber. In celery and asparagus we find it in actual "strings;" in cabbage, lettuce and other stem or leaf vegetables it may not be so noticeable but it is certainly present and we should realize that it is useful. The skins of fruit eaten as in the case of prunes, figs, apples, dried peaches and apricots. The outer coats of grains, which serve the same purpose, are frequently removed by milling but similar coats of peas and beans are not so removed except in the case of dried split peas.

In the juices of fruits and vegetables we find a variety of laxative substances. This explains why apple juice (sweet cider), orange juice or diluted lemon juice may be a very desirable morning drink. The effect is partly, but not wholly due to the acid. Juices which are not acid to the taste, as those of prunes, figs, onions, are laxative.

So from a great variety of fruits and vegetables, especially those which are fibrous or acid or both, we may obtain the substitute for "pills" in whole some foods which are generally cheaper than drugs.

No diet can be properly built without a suitable supply of mineral salts. The free use of milk is our greatest safeguard against lack of any save iron but when milk is scarce and has to be saved as now for the babies of the world, it is fortunate that we can make fruit and vegetables take its place in part. Some of our very common vegetables are good sources of the calcium and phosphorus so freely supplied in milk. Among these may be taken as an example the carrot, which has not had due recognition in many quarters, and in some is even spoken of contemptuously as "cattle food." Its cheapness, which comes from the fact that it is easy to grow and easy to keep through the winter should not blind us to its merits. A good-sized carrot (weight one fourth pound) will have only about half the fuel value of a medium sized potato but nearly ten times as much calcium as the potato and about one third more phosphorus. While actual figures show that other vegetables, especially parsnips, turnips, celery, cauliflower and lettuce, are richer in calcium than the carrot, its cheapness and fuel value make it worthy of emphasis. A medium-sized carrot will furnish as much calcium as a quart of milk, a cup of milk.

Even when meat and eggs are not prohibitive in price, fruit and green vegetables are an important source of iron in the diet. And when war conditions make the free consumption of meat unpractical, it is reassuring to think that we really can get along with out meat very well if we know how. Two ounces of lean beef will furnish no more iron than a quarter of a cup of cooked spinach or half a cup of cooked string beans or dried beans, or one sixth of a cup of raisins, or half a dozen good-sized prunes. Cabbage, peas, lettuce, cauliflower, beet tops, turnip tops, and other "greens" are well worth including in our bill of fare for their iron alone. By the time children are a year old we begin to introduce special iron-bearing foods into their diet to supplement milk. Aside from egg yolk, we give preference for this purpose to green vegetable juice or pulp, especially from peas and spinach, or a mixture of both.

There is a further significance for fruits and vegetables in their contribution to the diet of the growing child. That the presence of fruits and vegetables in the diet is a safeguard against scurvy is well known, though the full scientific explanation is not yet clear. That the leafy vegetables, lettuce, cabbage and the like contain both of the vitamins which are essential to growth in the young and to the maintenance of health in the adult, seems assured and gives us further justification for our plans as green vegetables in the diet of little children, who properly administered, that is, always cooked, but through a fine sieve and fed in small quantities.

Those who have plenty of highly flavored meat are apt to be satisfied to eat no so-called stronger flavors and few, catalog, pickles and tobacco; those who find in fruits and vegetables. They are also apt to spend as much

SHALL WE BREED OUR HORSES OR SHALL WE BUY THEM?

Dr. A. Joly, a Waterville Veterinary Surgeon, believes that Maine farmers should breed their own horses. In his address given in the Farmers' Week Course at Orono, he made a very strong appeal in that line. He said he could not see how a farmer could afford to pay \$500 to \$700 for a pair of horses, which may turn out to be inferior in quality and not even acclimated. In the West, and in the Canadian provinces practically every farmer raises his own supply of horses and occasionally has one to sell.

State records show that about 8,000 horses are brought into Maine every year, which fact doesn't speak well for Maine farmers and breeders. A real farmer should never buy anything that he can raise, whether it be animals or seeds. His independence is based largely on his ability to produce his own necessities of life.

Maine, with its 60,000 farms and 3,000,000 acres of tillable land, ought to produce what she consumes. Previous to 1918 we were buying \$7,500,000 worth of Western grain annually, but we will never do it again. The farmers of Maine are waking up. Last year Maine fields produced 6,700,000 bushels of oats, which at 75 cents per bushel were worth \$5,025,000, an increase of \$4,000,000 over the oat production of the best previous year in the State's history.

In the last five years Maine has raised an average of 3,000 colts per year. That number ought to be increased to 10,000, which would be an average of only one to every six farms. The automobile has lessened the demand for light driving horses, but there will always be a steady demand for horses of the heavy working type.

He said that if we are to breed our own horses we must have the right sort of stallions. They must be of high class, sound, their pedigrees unquestioned. He believes that to encourage horse breeding the State should own a few stallions, systematically distributed through the breeding districts during the season, as is done in France, where all breeding stallions are either owned by the government or have government authority for breeding service.

READING IN THE HOME

Miss Theresa C. Stuart, Augusta, Library Organizer, Maine Library Commission, in Farmers' Week Course

The work of the Maine Library Commission has been attractively portrayed by Miss Theresa C. Stuart of Augusta, Library Organizer, the topic of whose address was "Reading in the Home."

After discussing briefly the last year's benefits to be derived from home reading, she spoke of the State Library at Augusta, with 120,000 volumes, covering practically every range of literature, science, reference, history, travel and fiction. The people of the whole State can get the benefit of this library through the service of the Maine Library Commission, which on application sends out "traveling libraries" to schools, Sunday schools, town libraries, granges, boards of trade, social organizations and communities. For the payment of \$2.50 a collection of 25 volumes of fiction, 10 juvenile books and 15 adult volumes of travel, history, essays, biography, science, etc. can be obtained and used a period of six months.

The commission also sends out a library organizer, to aid in organizing, cataloging and systematizing free public libraries. To aid newly organized free libraries in rural communities the commission donates books and gives advice as to books to be purchased. In addition every free public library in the State making application is entitled to an annual stipend from the commission.

money on meat that they have none left to buy what seems to them unimportant items in the diet and apt to have a much less wholesome diet than they might have for the same money. Studies of expenditures in many families show that a good rule to insure a well balanced diet is to spend no more money for meat than can be done for fruits and vegetables. Also it is well to remember that vegetables are usually cheaper than fruits and that dried ones may largely take the place of canned or fresh ones.

For well-to-do and economical families have found of some kind of fast-food a day and make the main dish of one meat, a vegetable dish whenever possible. Thick cream soups, soufs, creamed or sautéed vegetables are all substantial and appetizing. The way to learn to like such foods is to keep trying. One may turn contentment with the proverbial dinner of herbs more easily by realizing that one is having valuable bricks into the house of diet. The knowledge that a banana is equivalent to "caviar" to a large amount of bread as a small part of better becomes tremendously significant; that as apples, oranges, four prunes, four dates or a couple of figs, one can only take the place of bread but actually add something which the bread does not contain, means that we shall be the gainers from our own markets.

CANTON

The preliminary prize speaking was held at the schoolhouse Friday afternoon, quite a number of visitors enjoying the program. Out of the thirty-three speakers five girls and five boys were chosen, as follows: Ruth Eversen, Norma Heald, Ruth Gammon, Madeline Hines, Edna Tirrell, Charles Dymont, Clifford Sampson, Ralph Campbell, Francis Hill and Merrill Walker. Honorable mention was made of Alice Walker and Alice Cushman. The judges were: Mrs. F. E. Fortier, Mrs. Cora Fuller and Mrs. G. L. Wadlin.

Fred Thompson of West Paris has been a guest of Mrs. Ada Chamberlin. The School Athletic Association held a social at the school rooms Friday evening, when an auction was held and dancing enjoyed, music being furnished by Vivian Small, Marco Lavorgna, Jr., and Chas. Dymont.

The Misses Lena and Iva Russell, who have been spending the Easter vacation at their home in town, have returned to their schools at Brockton, Mass.

Tommy Barnes of Bellville, N. J. has been a guest of George Lavorgna. Mrs. Annie Chase and infant baby have left for their home in San Creek, Montana.

Mrs. Abbie Proctor has returned home.

Mrs. Frank M. Lamb has been visiting friends in Buckfield, where she was a former resident.

Mrs. Geo. Rose and daughter, Lucille, have been guests of A. P. Rose and family of Biddeford.

Stanwood Bicknell, F. B. Woodward, G. H. Johnson, E. E. Westgate and C. L. Hutchinson attended the Odd Fellows' celebration at Portland last week. News has been received of the death of Charles Mitchell of Beverly, Mass. He was a native of Canton and an uncle of Mrs. Chas. C. Ellis.

Gladys Fowley of Biddeford has been a guest of friends in town.

Phyllis Daigle is stopping at the home of O. M. Richardson and attending school.

C. B. Heald, Agnes and Norma Heald and Mr. and Mrs. John Briggs attended the funeral of a relative, Mrs. Sharon Robinson, at East Sumner last week.

The business meetings of the Red Cross Branch have been changed to the first Wednesday in each month. The next meeting officers will be elected and a speaker is expected. A picnic dinner will be enjoyed.

Wallace Hines will work for O. M. Richardson during the summer at Pine-wood Camp.

Mrs. Alma H. Towle has sold her residence on Spring street to Wilbur Briggs.

A number in town attended the funeral of Calvin Leach at North Livermore. He was a native of Canton.

B. T. Ludden is in poor health. Mrs. Maud Richardson fell and cracked the bone of her left arm last week, and is also suffering with erysipelas in the face.

Geo. E. Grover left Wednesday for Pittsfield, Mass., where he has a position with the General Electric Works, where he was employed before the war.

An interesting letter has been received from Forrest H. Cushman. He has been transferred from his company to the Military Police Company and is now stationed at LaCharle, France. He is in hopes to arrive home some time in May. He writes that he likes his work and is contented.

F. Wilbur Briggs has finished work for Edward L. Goding and is at work in the tannery.

Elsie Daigle, who has been away at work the past winter, has returned home. Dorothy Morse is ill with bronchitis. Bernice Hines is ill and threatened with pneumonia.

A fine Easter concert was held at the Universalist church Sunday evening. Rev. Dwight A. Ball delivered an excellent Easter sermon in the morning.

Mrs. Elsie Burke is caring for Mrs. Horace L. Worden.

Miss Irma Ellwell sprained her ankle very badly Sunday.

The infant child of Mr. and Mrs. Eern Chamberlin is very ill with convulsions as a result of whooping cough, with which he has been quite ill.

THE UNITED STATES BRANCH OF THE EMPLOYERS' LIABILITY ASSURANCE CORPORATION, LIMITED, OF LONDON, ENGLAND

Assets and Liabilities, 1918

Assets	Liabilities
Stocks and Bonds	Capital Paid Up
Cash in Office and Bank	Reserve Funds
Agents' Balances	Unpaid Claims
Interest and Rents	Other Liabilities
All other Assets	Statutory Reserve
	Surplus over all liabilities

Admitted Assets, \$21,181,811.02

Liabilities Dec. 31, 1918

Not Paid Losses, \$9,988,820.00

Unpaid Dividends, \$9,988,820.00

All other Liabilities, \$2,111,111.02

Surplus over all liabilities, \$11,111,111.02

Total Assets and Liabilities, \$31,181,811.02

CAMPBELL, PAYSON & NOYES, General Agents, 170 Exchange St., Portland, Me.

W. J. WHITTAKER & CO., Agents, South Paris, Me.

MUMFORD FALLS INS. AGENCY, Agents, Rumford, Me.

NOYES & PIKE

BLUE STORES

South Paris

To Clothe You is Our Business.

To Clothe You Well is Our Aim.

We are well prepared now to give you satisfaction with our NEW SPRING STOCK COMPLETE

Men's Suits, Prices, \$8.50 to \$20

The low price suits are ones we have carried over from past seasons. Big values at this time.

Men's Suits, Price, \$20 to \$40

New suits this season in conservative and form fit styles also waist line.

Ed. V. Price & Co.

Tailored-to-order Clothes. We can please you.

NOYES & PIKE

Successors to F. H. Noyes Co.

2 Stores SOUTH PARIS

IRA C. JORDAN

General Merchandise

BETHEL, MAINE

WE HAVE

Many BARGAINS Left

from our Clearance Sale

One large lot of Women's Button Boots which we are selling for \$2.00. They are worth \$4.00 and \$4.50.

Also a lot which we are selling for \$1.50. These are small sizes, but are worth from \$4.00 to \$5.00 per pair. If your size is here, they are surely great bargains.

E. N. SWETT SHOE CO.

Opera House Block, Telephone 38-2.

NORWAY, MAINE

We pay postage on all mail orders.

Buttermakers, Attention!

Buyers will soon insist that your name be printed on butter wrappers. Common ink or an indelible pencil will not do. Our workmanship and quality of stock are of the best.

PRICES:

For sizes 9x12-9x13-9x11-9x11	For sizes 7x9-8x5-8x9
\$3.50 per 1000 Sheets	\$3.00 per 1000 Sheets
Postage 15 cents additional	Postage 10 cents additional
\$2.25 per 500 Sheets	\$2.00 per 500 Sheets
Postage 10 cents additional	Postage 10 cents additional

For each additional 1000 sheets ordered at same time, add to the price of first 1000, \$2.75 and 15 cents postage for each 1000

For each additional 1000 sheets ordered at same time, add to the price of first 1000, \$2.25 and 10 cents postage for each 1000

The Citizen Office

INSURANCE

All Kinds of Insurance in the Best of Companies

can be had at this office. Established in August, 1885, and being, therefore, one of the oldest agencies in Oxford County, this agency is prepared to give the same careful attention to your insurance needs as has marked its career for over FIFTY YEARS. Consult us when next you have insurance to place.

STUART W. GOODWIN, Agent

SUCCESSOR TO FREELAND HOWE

146 MAIN STREET Telephone NORWAY, MAINE

Your Hogs will thrive on -

PORTLAND BONE AND MEAT MEAL

(SUPERIOR TO TANKAGE)

VERY HIGH IN PROTEIN VALUE.

Ask your dealer for PORTLAND Brand

PORTLAND RENDERING CO., PORTLAND, ME.

HOW TO AVOID BACKACHE AND 'NERVOUSNESS'

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time."

"I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache disappeared. I gained in weight and feel fine, as I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADRIAN E. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

IN MAINE?

Spring Clothes

Come and see the New Things. Our stock is at its best now and we can assure you that correctness of styles as well as dependability of qualities.

SUITS THAT PLEASE

If you have not bought your new suit as yet, we have a handsome array of models to show you. We know they are satisfactory and pleasing to others by our unusually large number of sales thus far this season.

SUITS of all kinds, the box style, semi-box and belted models, many have the fancy Vest. Many are attractively trimmed with buttons and military braid. Most of them have fancy linings.

SUITS \$19.75, \$22.45, \$24.75, \$27.45, \$32.45 up to \$45.00.

DRESSY BLOUSES

It is always possible to secure a pretty, stylish blouse at this store. An excellent way to learn what attractive blouses can be had here is to come in to the store and make a leisure inspection of our stocks.

BLOUSES of Georgette Crepe \$5.95, \$6.95.

BLOUSES of Sheer Organdie and French Voile, \$1.98, \$2.45, \$2.75, \$2.95, \$3.15, \$3.95.

CAPIES AND DOLMANS.

Many new models have just arrived. You will agree with us when you see them, that they are the smartest styles you have ever seen. They come in all the popular materials and colors.

DOLMANS, \$24.75, \$27.45, \$32.45, \$37.45.

CAPIES, \$13.45, \$14.95, \$19.75, \$24.75.

COATS, \$13.45 up to \$45.00.

UNUSUALLY PRETTY DRESSES

They are made of rich quality Georgette and Taffeta, which may be had in various colors, and then there are also combinations of Crepe-de-Chine with Taffetas or with Foulards. But the most distinctive features of these models are the exclusive ideas in their designing.

SILK DRESSES, \$19.75, \$22.45, \$24.75.

WOOL JERSEY, \$19.75, \$22.45, \$25.00.

CHILDREN'S DRESSES

\$1.50, \$1.95, \$2.45, \$2.95, \$3.45, \$3.95

These dresses for girls are just as smart in appearance as dresses costing twice as much. True they are made on simpler, juvenile lines and it is because of this they are so desirable. The materials are of a quality that will give excellent service. The dresses are especially well made, various styles and colors.

BROWN, BUCK & CO.

NORWAY, MAINE

FOR YOUR
Plumbing, Heating and Sheet Metal Work
GO TO
J. B. HUSTON
MAIN STREET BETHEL, MAINE

Agricultural Implements

CREAM SEPARATORS

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GAS ENGINES

Waterloo Boy Tractor

Send for Catalogue.

Repairs for All Machines
Order your repairs early so as to have them when needed.

C. L. DAVIS
BETHEL MAINE

There is plenty of sowing at the Red Cross rooms.

Parker Russell of Camp Devens was in town, Sunday.

Mrs. Ira Jordan went to Yarmouth, Sunday to visit her sister.

Mr. Herman Robertson went to Lewiston on business, Wednesday.

Mrs. Lydia Barker is moving from the Charles Lyon road on Church street to the new on Paradise road recently vacated by Mr. George Smith.

An auction sale of interest to a great many people will be held at the Frye home on Broad street on Wednesday, April 24th, when the real estate and household property of the late Annie M. Frye will be sold.

All Odd Fellows will meet at their hall next Sunday morning at 10 o'clock and march to the Methodist church where Rev. Mr. Trueman will preach the annual sermon. As this is the year of the 100th anniversary a large attendance is desired. The Rebekahs are invited to join in this service.

At the regular meeting Monday evening, April 21, the Rebekahs entertained the President of the Rebekah Assembly, Valeria Merrill of Portland and the District Deputy President Gertrude Libby of Norway. Aside from the regular business, the degree staff exemplified the Rebekah degree. The Noble Grand, Ida Packard, presented the visitors each with a piece of silver, after which delicious refreshments of ice cream and cake were served by the committee consisting of Mrs. E. E. Purrington, Mrs. I. H. Wight and Mrs. H. P. Wheeler. A social hour followed.

FERTILIZER

When you are in need of FERTILIZER remember that

Wood Ashes

are the best, cheapest and most lasting POTASH FERTILIZER on the market.

We also have a few cars of LIME for Fertilizer.

Write us for prices.

Carload lots a specialty.

Simon Stahl & Son

34 Exchange St.

Berlin, N. H.

BETHEL AND VICINITY.

Mr. C. W. Hall went to North Anson, Tuesday.

Miss Alice French went to Boston, Friday to spend a short vacation.

Mrs. D. H. Spearin went to West Paris, Thursday to visit her parents.

Dr. I. H. Wight was a business visitor in Portland, Friday and Saturday.

Mrs. Marshall Hastings and Miss Iona Tibbette were in Lewiston, Thursday.

Mrs. C. W. Hall was called to No. Anson, Thursday by the illness of her mother.

Mrs. A. G. Eames and daughter of Newry spent Sunday with Mrs. Mae Godwin.

Word has been received of the arrival at Camp Devens of Corp. Edwin Wilson.

Mr. Walter Bing of West Paris spent the week end with Mr. and Mrs. Frank Kendall.

Mrs. Charles Cole went to Boston, Tuesday, to visit her son, Allison Lowe, and family.

Mrs. Carl Wight of Milan, N. H. was the guest of Dr. I. H. Wight and family last week.

Mr. W. H. Young went to Massachusetts, Rhode Island and Connecticut on business, Monday.

Miss Phoebe Pascoe of Haverhill, Mass., was the guest of Mr. and Mrs. William Lowe last week.

Mr. and Mrs. Charles Hutchins and Mrs. Ralph Perkins are guests of Mr. and Mrs. Frank Bartlett.

Henry Flint came from Portland and spent the week end with his parents, Mr. and Mrs. Frank Flint.

Mrs. Rea Newton and baby visited her aunt, Mrs. Perkins, and returned to South Paris last Tuesday.

Mrs. Angio Clark, who has been visiting her children in Lisbon and Massachusetts, has returned home.

Mr. and Mrs. F. C. Bean of East Bethel were guests of Mrs. Edmund Merrill and family, Thursday.

Messrs. Daniel and William Forbes were guests of their brother, Mr. D. M. Forbes and wife, this week.

Word has been received of the birth of a son to Mr. and Mrs. Allison Lowe of Boston, born Sunday, April 20.

Mrs. A. L. Roberts went to Middlebury, Vt., Thursday to spend two weeks vacation with relatives and friends.

Mrs. Belle Chase of Auburn was the week end guest of her mother, Mrs. Clara Brown, at Mr. William Fuller's.

Mr. Winfield Wight of Portland and friend, Miss Mildred Tinker of Auburn were week end guests of Dr. I. H. Wight and family.

Mrs. Charles Lyon and Mr. George Haggood went to Lincoln, Mass., Thursday to attend the funeral of their cousin, Elliott Bryant.

Mr. Rob Thurston, who has been working at Whitinsville, Mass., this winter, came home last week to pack up his goods and will move with his family to Whitinsville.

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Mr. T. B. Burke was a business visitor in Lewiston, Thursday.

Mrs. Harry Jordan is recovering from a severe attack of tonsillitis.

Mr. A. D. Park of South Paris was a business visitor in town, Monday.

Mr. E. P. Lyon was in Auburn last week to attend the funeral of his aunt.

Mr. and Mrs. E. H. Young were in Lewiston and Portland a few days last week.

Mrs. C. M. Kimball of East Bethel was the guest of Mrs. Edmund Merrill, Friday.

Mr. D. A. Britt of Lynn, Mass., is the guest of Mr. F. J. Tibbette and family.

Miss Gladys Russell of Portland spent the week end as the guest of Mrs. J. C. Billings.

Dr. Twitchell and wife of Portland were guests of Mr. and Mrs. H. N. Upton, Monday.

Mr. W. H. Kimball of Stratford, N. H., was the guest of his sister, Mrs. L. D. Brown, Sunday.

Mrs. Mary Black and son of Gorham, N. H., were week end guests of Mr. Jenner and family.

Mrs. H. S. Pushard of Brockton, Mass., was the guest of friends in town Saturday and Sunday.

Mrs. A. C. Holt of Norway was the guest of her daughter, Mrs. L. W. Ramsell, and family last week.

Mrs. Arthur G. Wiloy arrived in Bethel, Wednesday night to accompany her daughter, Olive, home.

Miss Mabel Packard of Portland was the guest of her sister, Miss Ida Packard, for the week end.

Mrs. Fred P. Chandler of Auburn accompanied her parents home last week and returned in the afternoon.

Mr. Asa Smith went away last Thursday for treatment. Mr. E. H. Smith and Dr. Wight accompanied him.

Mr. and Mrs. E. S. Kilborn, who have been spending the winter at the Lafayette hotel in Portland, returned home Friday.

Kathryn Hanson, Ernestine Philbrook and Lawrence Kimball have returned to Bates College, having spent the Easter vacation with their parents.

Mr. and Mrs. Percy Andrews, who have been spending several weeks with her sister, Mrs. C. G. Becker, in Albany, have returned to Bethel and opened their home on Vernon street.

Word has been received here that Miss Alma Gehring has passed away. She was many friends during her stay in Bethel and will always be remembered as a very sweet and winsome young lady.

COTTAGE STUDIO NOTES



When he comes home—there should be a new portrait to record the event.

Make the appointment for him.

NORWAY, MAINE

Mrs. F. E. Purrington was the guest of her sister at Yarmouth for the week end.

The ladies of the Universalist Circle are preparing an entertainment which they hope to give the third week in May. There will be a short play and musical program followed by dancing. Look for complete program later.

WALTON SHOES

for Boys and Girls

HIGH CUT BOOTS

OXFORDS

PUMPS

BLACK

WHITE

BROWN

All Sizes

CEYLON ROWE & SON

Mr. Allie Cushman of Lisbon, Me., is the guest of his sister Mrs. J. S. Hutchins, and family.

Among those who attended the Odd Fellows 100th anniversary celebration at Portland last Saturday, were: Messrs. C. K. Fox, F. L. Edwards, Leslie Chase, Roy Good, Chester Cummings, Roy Cummings, C. W. Hall, Harry Sawin, Wesley Wheeler, B. A. Skiffington, F. E. Purrington, E. M. Walker, D. M. Forbes, I. H. Wight, Chesley Saunders.

Through her attorney Judge McCarthy, Mrs. Julia Borge brought suit against the Maine Railroad Company, under the Maine Liability Law, for the \$20,000, for the death of Mr. who was killed while at work on freight train at Rumford June 27th of January. The suit was filed in the Maine Central Railroad court at Portland.

At a meeting of the association Rumford Falls Village, held last week, George Blaisdell and Hall were appointed patrolmen on police force, the increasing of the being necessary on account of change to an eight hour school at the annual Corporation meeting. Mr. Blaisdell has been conducting the trucking business for many but has now sold his business to Mr. Hall for the past year. Mr. Hall has for the past been the very popular junior Rumford Municipal Building, old officers were re-appointed, and

Gasoline,
Automobile Tires
and Automobile
Supplies of All Kinds

We have a good line of new tires and tubes in all sizes, with a long mileage guarantee and lowest prices.

Come in and look them over before you buy elsewhere.

Carver's

Don't forget our
14 Grocery Sale
Every Saturday

RUMFORD

Mrs. Philomene Roussin chased the William Davidson through Spring avenue in the Virginia through Judge Matthew McCarty estate agent.

Mrs. John A. Hadley has received a radio message from her husband, Hadley, who is on his way from France, on the Pretoria. May will send a radio in season wife to meet him when the docks in New York.

Mender and Perry, the undertaker, will start on May first, into the stone and monument business building next to the Ames and stable on Congress street.

Rev. Ralph F. Lowe of the Methodist church with Mrs. L. just returned from the Methodist conference held at Fairfield. Mr. has been re-assigned to Rumford, the gratification of the parishioners.

Two captured German helmets awarded in Rumford, one to the who obtains the largest number of subscriptions to the Victory Loan, other to the person who secures subscriptions in the largest amount.

Mrs. William Richards is receiving congratulations on the birth of a pound son. Mr. Richards is France.

George Savoy has offered ten for the most original name for restaurant on Congress street.

Mike Dorion has resigned his meat cutter at the Dorion Cakes.

Herman Brief, formerly with Levin, Singer & Company, again in town, and it is reported he is thinking of opening a pawn shop.

Peter M. Marcell has started a business on the Power Company on River street.

A town meeting has been called Monday, April 28th, to see what the town will take to surface O Street from Hartford street to of the curbing in front of the pal Building, and how the same be raised. To see if the town will continue the motor police post established last year, and to acquire town vote to accept Maple as laid out on the plans of the Land Company, the same to be Main avenue to Oxford avenue.

On Friday evening last at the Lewiston, the third game of basketball between Rumford high and of Augusta, was played, to decide much contested championship game in this State, each team won a game apiece. The result a score of 23 to 22 in favor of high, and now without further delay truly be said that Rumford claim and are the champion high team in that game for the State.

A large number were to witness the fun, a large delegation going down from here by special while about 400 it was said came from Augusta by special train.

Mrs. A. P. White, who with her children left for Bangor about a week there to join Mr. White who played in that city, was taken with pneumonia shortly after arrival there, and has been in a fatal ever since.

Carroll Robinson of Peru has the employ of the Rumford Ice Mrs. Louise Matthews is assistant cashier in the Oxford Print Exchange street, during the absence Mrs. Pearl Dyer.

Through her attorney Judge McCarthy, Mrs. Julia Borge brought suit against the Maine Railroad Company, under the Maine Liability Law, for the \$20,000, for the death of Mr. who was killed while at work on freight train at Rumford June 27th of January. The suit was filed in the Maine Central Railroad court at Portland.

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RUMFORD

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Mrs. John A. Hadley has received a radio message from her husband, Major Hadley, who is on his way from Brest, France, on the Protoria. Major Hadley will send a radio in season for his wife to meet him when the steamer docks in New York.

Meador and Perry, the undertakers, will start on May first, into the graves and monument business in the building next to the Ames and Morse stable on Congress street.

Rev. Ralph F. Lowe of the Rumford Methodist church with Mrs. Lowe has just returned from the Methodist Conference held at Fairfield. Mr. Lowe has been re-assigned to Rumford, to the gratification of the parishioners.

Two captured German helmets will be awarded in Rumford, one to the person who obtains the largest number of subscriptions to the Victory Loan, and the other to the person who secures subscriptions in the largest amount of dollars.

Mrs. William Richards is receiving congratulations on the birth of a nine pound son. Mr. Richards is still in France.

George Savoy has offered ten dollars for the most original name for his new restaurant on Congress street.

Mike Dorion has resigned his position as meat cutter at the Dorion Cash Market.

Herman Brief, formerly associated with Levin, Singer & Company, is once again in town, and it is reported that he is thinking of opening a pawn shop.

Peter M. Morrill has started a lunch cart business on the Power Company land on River street.

A town meeting has been called for Monday, April 28th, to see what action the town will take to surface Congress street from Hartford street to the end of the curling in front of the Municipal Building, and how the same shall be raised. To see if the town will vote to continue the motor police patrol as established last year, and to see if the town will vote to accept Maple street as laid out on the plans of the Rumford Land Company, the same to be from Main avenue to Oxford avenue.

On Friday evening last at City Hall, Lewiston, the third game of basketball between Rumford high and Cony high of Augusta, was played, to decide the much contested championship of that game in this State, each team having won a game apiece. The result proved a score of 33 to 22 in favor of Cony high, and now without further doubt, it can truly be said that Cony high can claim and are the champion high school team in that game for the State of Maine. A large number were present to witness the fun, a large delegation going down from here by special train, while about 400 it was said came up from Augusta by special train.

Mrs. A. P. White, who with her children left for Bangor about a week ago, there to join Mr. White who is employed in that city, was taken very ill with pneumonia shortly after her arrival there, and has been in the hospital ever since.

Carroll Robinson of Peru has entered the employ of the Rumford Ice Co. Mrs. Louise Matthews is assisting her husband in the Oxford Print Shop, on Exchange street, during the absence of Mrs. Pearl Dyer.

Through her attorney Judge Matthew McCarthy, Mrs. Julia Burgess has brought suit against the Maine Central Railroad Company, under the United States Liability Law, for the sum of \$10,000, for the death of Mr. Burgess who was killed while at work on a freight train at Rumford Junction on the 27th of January. The writ charges that the Maine Central Railroad Company is guilty of negligence. Mr. Burgess was a well known young man and generally liked. He left a widow and three small children.

At a meeting of the assessors of the Rumford Falls Village, held last week, George Hildreth and Herbert Hall were appointed a patrolman on the police force, the increasing of the force being necessary on account of the change to an eight hour schedule, as voted at the annual Corporation meeting. Mr. Hildreth has been engaged in the trucking business for many years, but has now sold his business to Mr. Pirard. Mr. Hall has for the past year been the very popular janitor of the Rumford Municipal Building. All the old officers were re-appointed, and John

IF WOMEN ONLY KNEW

What a Heap of Happiness it Would Bring to Bethel Homes

Hard to do housework with an aching back.

Brings you hours of misery at leisure or at work.

If women only knew the cause—that Backache pains often come from weak kidneys,

"Would save much needless woe.

Doan's Kidney Pills are for weak kidneys.

Read what a Bethel citizen says:

Mrs. Julia Coburn, Mechanic St., says: "I had backache and a dull, heavy ache through the small of my back came on by spells. My sight often blurred and at times I was dizzy. Doan's Kidney Pills proved fine for me as, I soon had relief from the backaches and felt much better in every way. I always keep Doan's on hand, getting them from Bossman's Drug Store, and use them as needed. They always bring good results."

Price, 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Coburn had, Foster-Milburn Co., Mfgs., Buffalo, N. Y.

H. Dennis was re-elected chief.

Congress street pavement which has been showing signs of heavy wear for the past year or two is being thoroughly repaired and extended by the original contractor, Mr. Howard.

Dr. and Mrs. Charles M. Blaboe of Franklin street are in Norridgewock, the guests of Mrs. Blaboe's daughter and husband.

Attorney Albert Belliveau with his sisters, Miss Emelda and Miss Judith, are in Boston this week to be present at the large military parade in that city on Friday of this week.

NORTH NEWRY

Miss Carrie Wright has been home from Machias the past week.

Mrs. Ella Hanson is spending this week with her brother, H. H. Hanson, and family.

There was a Sunday school at the schoolhouse, Sunday. Miss Cook and Miss Blaisdell intend to have one every Sunday until arrangements are made for services in the church.

The circle supper at W. B. Wright's was well attended Saturday night. After supper and later on in the evening charades and other games were enjoyed by all.

Chester Chapman came home Friday night for a week's furlough. He has been gone just about a year.

Dan Stuart is working in the mill for W. B. Wright & Sons.

The post office at North Newry changed hands Saturday, April 19, and is now located at S. P. Davis', L. E. Davis, postmaster.

Judson McPherson and Selma Smith of Newry Corner attended the circle supper at W. B. Wright's, Saturday night.

W. D. Kilgore is cooking on the drive for Mr. Peterkin.

E. I. French went to Upton, Saturday, returning Sunday.

GROVER HILL

Mr. E. R. Whitman from Boston was the week end guest of his brother, Mr. Albert Whitman.

Mr. Fred A. Mundt has returned from Goshen, where he was the guest of relatives last week.

Mrs. Harry A. Lyon was ill the first of the week.

Mrs. Alta Whitman Laurie, who has been bandaging in the family of her son, A. L. Whitman, for a few weeks, returned to Boston with her father, Mr. James Whitman, Monday.

A. J. Pascoe worked for Maurice Tyler some this week.

Mr. Lewis Bartlett from Bethel was calling on friends in the place last Saturday.

Mrs. Alfred Tyler of Bethelstone Farm was taken to Dr. Conklin's hospital at Woodford's again last week.

MASON

Deceased

Miss Gertrude Grover of Goshen, Me., called at E. O. Grover's, Sunday.

Several from town attended the box supper at West Bethel, Saturday evening.

Ell Grover was at South Paris, Saturday on business.

Judson Bartlett of East Bethel is boarding at Myron McNeill's.

A. B. Grover of Grover Hill was in town, Monday.

PROBATE NOTICES

To all persons interested in either of the Estates hereinafter named:

At a Probate Court, held at Paris in and for the County of Oxford, on the third Tuesday of April, in the year of our Lord one thousand nine hundred and nineteen. The following matters have been presented for the action thereupon hereinafter indicated, it is hereby ORDERED:

That notice thereof be given to all persons interested, by causing a copy of this order to be published three weeks successively in the Oxford County Citizen newspaper published at Bethel, in said County, that they may appear at a Probate Court to be holden at said Paris, on the third Tuesday of May, A. D. 1919, at 9 o'clock in the forenoon, and be heard thereon if they see cause.

Johann S. Chapman late of Bethel, deceased; will and petition for probate thereof and the appointment of Cora E. Chapman as executrix of the same to act without bond as provided in said will presented by said Cora E. Chapman, the executrix therein named.

Deloraine A. Cole late of Woodstock, deceased; petition for license to sell and convey real estate presented by Myra M. Cole, administratrix.

Ecelyn E. Haggood late of Bethel, deceased; first and final account presented for allowance by George J. Haggood, administrator.

Witness, ADDISON E. HERRICK, Judge of said Court at Paris, this third Tuesday of April in the year of our Lord one thousand nine hundred and nineteen.

A. D. PARK, Register.

NOTICE

The subscriber hereby gives notice that she has been duly appointed administratrix of the last will and testament of John K. Wheeler late of Albany, in the County of Oxford, deceased. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

FLORENCE S. BEAN, Bethel, Maine.

April 15th, 1919.

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MYRA M. COLE, Bethel, Maine.

April 15th, 1919.

NOTICE

The subscriber hereby gives notice that he has been duly appointed administrator of the estate of Ella L. Baker late of Albany in the County of Oxford, deceased. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

ELLERY C. PARK, Bethel, Maine.

April 15th, 1919.

STATE OF MAINE

Oxford, ss.

At a Probate Court held at Paris in and for the County of Oxford, on the eighteenth day of March in the year of our Lord one thousand nine hundred and nineteen.

ORDERED, that from and after this day, the regular term of the Courts of Probate in and for the County of Oxford, be held at the following places and times, to wit:

At North Paris on the third Tuesday of each month except August. At Rumford on the fourth Tuesday of February, May and August and on the first Tuesday of November.

Special Courts will be ordered for Probate as the business may require.

ADDISON E. HERRICK, Judge of Probate.

A true copy Attest:

ALBERT D. PARK, Register.

NOTICE OF FORECLOSURE

Whereas Elma Chapman of Bethel, in the County of Oxford, State of Maine, by her mortgage deed, dated the seventh day of April, A. D. 1916, and recorded in Oxford Registry of Deeds, book 321, page 346, conveyed to me, the undersigned, a certain parcel of real estate with the buildings thereon situated in said Bethel on the road leading from West Bethel to the town of Mason, up Pleasant river, bounded as follows:

Commencing at a stake and stones on said road, there running along said road in a westerly direction to the line of land formerly of E. R. Briggs; thence westerly about thirty eight rods; thence southerly fourteen and a half rods; thence westerly to the northwest corner of the R. A. Chapman land; thence southerly to the southwest corner of said Chapman land; and thence in an easterly course to said stake and stones, the point of beginning;

Also a certain other lot or parcel of land lying on the easterly side of said river, and being known as the Jacob Grover meadow, and supposed to be in area, twenty two acres, more or less, and being the share lot of late deceased Jewell H. Grover by Orlevia J. Grover by her deed recorded in said registry, book 226, page 288;

And whereas the condition of said mortgage has been broken, and there fore, by reason of the breach of the condition thereof I claim a foreclosure of said mortgage.

April 19th, 1919.

EMMA H. BARTLETT.

424-26

THE OXFORD COUNTY CITIZEN IS ONLY \$1.00 PER YEAR WHEN PAID IN ADVANCE. SUBSCRIBE NOW.

ANDOVER

Easter services were held at the Congregational church Sunday morning. Rev. J. N. Atwood preached from the text found in John 11:5-6. In the evening an Easter concert was given by the members of the Sunday school with the following program:

Opening Chorus, "Easter Morning Fair," No. 1.

Recitation, "Easter Day."

Wendell Sweet

Responsive Reading

Chorus, "Welcome" is the Morning," No. 10.

Duet, "Morn of Light and Love"

Prayer

Chorus, "Softly and Slow," No. 8.

Exercise, "The Easter Sunbeam"

Chorus, "Easter is Calling," No. 5.

Recitation, "Telling the Easter Story," No. 13.

Duet, "Mary"

Exercise, "Our Flag For Christ"

Chorus, "Crown Him King"

Offering

Chorus, "Bright Angel of Easter"

Exercise, "The Chosen Day"

Chorus, "Sing the Blessed Easter Story," No. 13.

Mrs. Fred Bartlett and daughter, Helen, were at Rumford, Saturday.

Mrs. Edward Akers is visiting her son, Nathan Akers, and family, and daughter, Annie Akers, at Rumford this week.

Mr. John McKen from South Paris is assisting in the high school.

Mr. Y. A. Thurston attended the joint committee meeting at the Mexico high school, Saturday.

Principal Bernard of the Andover high school was at his home in Rumford, Monday, called there by the official notice from Washington of his brother's death in France from drowning. Mr. Bernard was serving in the Army of Occupation.

Frank Fogg and Mrs. Helen Kimball from Norway were in town, Monday.

Alonso Marston is in very poor health.

Mrs. Pierant from Rumford was at Ethel McAllister's store Tuesday and Wednesday with a fine line of millinery.

R. W. and Y. A. Thurston have each purchased an Essex touring car.

Bills are out for an auction sale of the late C. B. Newton's household goods.

David Olives of North Rumford has returned from France and was honorably discharged Friday of last week, from Camp Devens. His many friends in town were glad to greet him.

Mrs. Margaret Hall has been assisting in the work at Hotel Milton.

Ralph Hewey, who has been working in Brunswick for the past few months, returned home Wednesday and is working in the pool mill.

The masquerade ball given by the Andover Orchestra, Wednesday evening, April 16, was a decided success. A large company was present and the costumes were very pretty. Mrs. Lewis Morton received the first lady's prize for the best costume. She represented "The League of Nations." Waldo Merrill received the gentleman's prize and the prize for the best part carried out went to Ted Hewey, who was dressed as a cowboy. Ice cream and cake were served.

George Brown of Dixfield was in town Monday with a Dart touring car for which he is an agent.

Y. A. Thurston attended the Board of Health meeting at Augusta, Wednesday.

The Oxford County Teachers' Association will meet at Rumford, Friday, May 2.

Hena Bodwell was the guest of Irene Abbott, Saturday and Sunday.

The pool mill is running a night crew this week.

Mrs. Bedell was quite ill the first of the week.

Mr. A. R. Merrill has resigned his office as Sup. of Schools for the joint board of Andover, Mexico, Byron and Roxbury, to take effect May 1st.

NOTICE

The subscriber hereby gives notice that he has been duly appointed administrator of the estate of Charles P. Abbott late of Bethel in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

STEPHEN E. ABBOTT, Bethel, Maine.

April 15th, 1919.

WEST PARIS

D. H. Fifield was in Portland on business one day last week.

Mr. and Mrs. Lewis M. Mann went to Portland Friday morning.

Mrs. Lendall Yates is very low.

Next Saturday there will be an all day session of the grange. A fish chowder dinner will be served by the men. The committee in charge are D. A. Grover, H. W. Welch, Rev. H. A. Markley, I. H. Ellingwood. The ladies of the grange will occupy all the officers' chairs during the session.

There will be a supper and entertainment at Good Will Hall, Wednesday evening under the auspices of the Elva E. Locke class.

Rev. H. A. Markley went to Augusta, Monday to attend a meeting of Maine Universalist ministers.

Mr. and Mrs. L. H. Penley and son, Donald, of Portland have been recent guests of relatives.

Plans are progressing well by the several committees for the soldiers' welcome next month.

News has been received here by Mrs. M. G. Bradbury of the death of the infant son of Mr. and Mrs. Isaac Thorne in Massachusetts.

Mrs. Guy A. Smith has been entertaining her brother, Mr. Realy, who has been recently returned from overseas service.

A good delegation of West Paris Odd Fellows attended the anniversary at Portland, Saturday.

Miss Agnes Gray is recovering from her recent surgical operation.

Easter was observed at the Universalist church by sermon and music appropriate to Easter and the Holy Communion. At the Federated churches there was a morning service and Easter concert in the evening entitled Glorious Victory.

ALBANY

Mr. Fox of Lovell bought some hay of Abel Andrews, recently.

Miss Olive Wardwell, who has been home for a rest, returned to Portland last week.

Mr. and Mrs. Howard Allen were guests at Isaac Flint's, recently.

Mr. and Mrs. Abel Andrews called on Roy Wardwell, Saturday. His hand is gaining as rapidly as could be expected.

John Jones of Greenwood has hired Arthur Andrews' place at Hunt's Corner and is moving there.

John Skeele of Savannah, who enlisted in the Navy some two years ago, has been discharged, and resumed his studies in Yale. He is to spend his summer vacation with his parents at their home in Albany.

W. B. Seribaer has been spending a few days with Arthur Andrews of Bryant's Pond.

A. G. Bean sold a nice cow to Ernest Brown, recently.

Arthur Andrews and family were guests of his father, Abel Andrews, Sunday.

SONGO POND

Songo school opened April 22 with Miss Mary Peckham of Brownfield, Me., as teacher. She is boarding with M. A. Millard Clough.

The ice went out of Songo Pond the last of the week.

Mr. George Haggood went to Waltham, Mass., last week to attend the funeral of his cousin, Mr. Elliott Dryan, returning home Monday night.

Mrs. C. E. Upton is caring for Mrs. Venie Browne's children of Bethel while she is in the hospital in Portland.

Mr. and Mrs. Roy Cole of Bryant's Pond are visiting her brother, Freeman Bennett.

Miss Addie Donahue of Auburn is spending a few days' vacation at P. H. Bennett's.

Mr. Ebra Kilborn, who has been spending the winter in Portland, opened his cottage at Songo, Monday.

MASON

Jack McKenzie and son, Willie, are at work on the railroad.

Harry King and Alonso Chapman of Bethel were in town on business one day recently.

J. H. Ellingwood of Hebron was in town, Sunday.

R. F. Westleigh of Bethel was in town Thursday and purchased three pigs of Eli Grover.

E. H. Merrill was in Bethel on business one day recently.

Mrs. E. A. Grover and daughter, Vera, visited relatives at Bethel, Saturday.

FARM FOR SALE

160 acre farm, cuts 60 tons hay, pasture for 30 head of cattle, smooth fields free from rocks, 1 1/2 story 10 room house, barn 40x84 feet, spring water in buildings, only 1 1/2 miles from village and R. R. Station, on main road, with telephone and R. F. D. These buildings are all connected and in first class repair. The owner of this splendid farm home wishes to retire from farming and if sale can be made at once will take \$4,000, including whole equipment of farm machinery. For sale by

L. A. BROOKS

Real Estate Dealer SOUTH PARIS, MAINE

BUSINESS CARDS

FURNISHED ROOMS

AUTO AND TEAM CONVEYANCE

C. C. BRYANT,

2 Mechanic Street, Bethel, Maine.

Telephone Connection.

H. E. LITTLEFIELD,

AUTO AND HORSE LIVERY,

Day or Night Service,

Bethel, Maine.

Telephone

GUY E. JACK

LICENSED EMBALMER

AND FUNERAL DIRECTOR

Dealer in

Furniture, Linoleums, etc., Pictures

Frames, Mirrors, Glass, Mouldings,

Curtains, Fixtures.

Special attention given to undertaking.

Telephones—Store, 49-3; Res, 49-2

HERRICK & PARK,

Attorneys-at-Law,

Bethel, Maine.

THE NATIONAL CAPITAL

Events of Interest From Washington

By J. E. Jones

"RUNNING INDUSTRIAL AFFAIRS"

Those who will stretch their memories back to the winter of 1914-15, when the bread lines were common in the big cities, and when institutions like the Hotel Delmonico were doing a big business in New York, are likely to arrive at the conclusion that there was more unemployment in the country at that time than is represented in the entire total of 4,000,000 men in uniform. There were millions of unemployed people in the country before the war; and such lack of labor demand as exists at the present time ought to be only temporary, and should disappear with the resumption of normal activities. A good deal of the apparent lack of employment is doubtless due to the desire for change which seems to be widespread. Returning soldiers are generally looking for new occupations instead of returning to their old posts. Coupled with this, if the Canadian experience is a criterion, we must look for a certain loss of initiative and lack of willingness to assume responsibility, which military service seems to have fostered. Good judges predict the largest volume of business in our history in the years just before us. All the trade barometers, such as greater strength in the raw material purchasing, increased wholesaling and retailing, and an apparent determination on the part of manufacturers and others to develop domestic and foreign trade, are indications of "better times ahead."

"RUNNING THE TELEPHONES" Postmaster General Burleson started his telephone administration with the promise that he would reduce rates—and he has raised them for local and long distance service. And the P. M. O. said he was going to consolidate the lines all over the country. His latest order is to release something like 10,000,000 small companies from Government management; and he evidently has forgotten all about "consolidation." If there is one individual in the United States who should be convinced that Government management of telephones is a failure and an imposition upon the public, that individual is the P. M. O. of the United States.

"RUNNING THE RAILROADS" Ever since the Government took over the operation of the railroads two important things have been happening. One is that wages have been raised time and again, and rates have been advanced. The latest increase in wages brings the total increase up to \$1,365,000,000 more than before the war. "Cheaper administration" under the Government has resulted in tremendous deficits for the past year. But Uncle Sam has sprinkled his benefits with a bounteous hand, and railroad stockholders whose companies have been kept good by the Government, are not complaining a great deal at the accumulation of results. But the public well, you remember what Commodore Vanderbilt said about the "public," when he was in the railroad business.

"RUNNING THE STREET RAILWAYS"

War boards were created for mostly every imaginable purpose. One of these had the power to raise the wages of street car employees—and it did it. It may have had the power to help finance these utilities, the same as has been done with the steam roads; but instead of doing this sensible thing the board said "let the market decide." This particular board found the street railways in a predicament as to how to "get by," since they were tied by ancient fare agreements. So it kept on a lot of additional burdens, and turned the roads loose. As a result 500 miles of street railway track has been abandoned in the United States during the past year, and the communities that have had to depend upon these transportation facilities have "had to walk on foot."

Washington has fairly gorged with advice to city officials regarding a re-adjustment of the relations between the municipalities and the street railway companies. But an analysis of actual results from Washington shows that the Federal government has simply increased the burden of the utility, instead of making things better. It costs from fifty to one hundred percent more to run a street railway now than it did when the companies were their own masters with the "clerk" rule. The present against increased fare goes up from newspapers that tend to sell for one cent, and some are two cents, and from all classes of business men and others who are selling their goods and services at prices as high as they have ever been.

"RUNNING THE LABOR OF THE WORLD"

People should learn not to speak lightly of General Gompers, president of the American Federation of Labor, director of the war policy with reference to labor, and candidate for the United States Senate. He is a man who has been the labor of the world in his day.

BETHEL SOLDIERS

The committee on the soldiers' welfare are formulating plans as fast as possible. A list of the soldiers who went from Bethel has been made up and is given below. If anyone knows of a Bethel soldier whose name does not appear in the list, we desire the name given to H. R. Freeman, Bethel, Maine. It is desired to get a complete list. Please read carefully the list as given and note any omission and report same. List of men in the Military Service of the United States, 1917-1918:

Anna, Roland Ellis
Arno, Ivan Winfield
Bean, Chester
Bean, Frank A.
Bean, Wesley V.
Bennett, Henry Beth
Blaise, Ernest Franklin
Brooks, Dana Grover
Brown, Adolph Raymond
Brown, Edward Hubert
Brown, Harry
Blake, Ralph
Blake, Leslie
Burhos, Lester Maurice
Chapman, Alvin Edmund
Chapman, Perry
Chase, Harry Edgar
Clark, Albert E.
Chandler, Harold
Coburn, Leslie H.
Cummings, Byron A.
Cummings, Chester Arthur
Cummings, Ray Alton
Cummings, Roy Irving
Goddard, Claude A.
Goddard, Gard
Grover, Bert
Head, Paul B.
Howe, Winfield B.
Hutchins, Vivian F.
Hutchinson, Curtis P.
Kelley, James W.
Lutton, Lloyd Ellice
McKay, William J.
Madix, Alfred
Merrill, Walter Chester
Mills, George
Mills, Robert
Moore, Roy Charles
Mason, Glenn
Maxim, Earl L.
Mundt, George A.
Neal, Everett Carlton
Perry, Joseph
Peters, George
Rich, Harold
Robertson, Frank O'Neill
Robertson, Fred
Robertson, Percy N.
Silver, Albert
Sloan, Theodore
Sloan, Roger
Smith, Philip M.
Spinney, William R.
Spinney, Harold C.
Tully, Howard
Tully, Charles
Tibbette, Dr. H. B.
Valentine, Carroll
Van Den Kerkhofen, Eugene
Wilson, Edwin L.
Young, Harry

Morgan should suddenly have the wealth of Croesus added to their horde; they would not be able to tell the national administration exactly what it must do, as did Mr. Gompers in the case of the threatened railroad strike in the fall of 1918, and as he did in innumerable cases, almost daily, all through the war.

Having finished his job in the United States in a way satisfactory to himself, Mr. Gompers has been concerning himself with the world situation, and he went abroad and fixed up "international labor legislation," and by means of a committee reported the findings to the peace conference. Upon his return to the United States the conference looked the Gompers report over, and thought it should be amended slightly, whereupon Mr. Gompers exploded as follows: "I called President Wilson that I am impelled to protest against any amendments or reopening of the covenant."

It remains to be seen whether Mr. Gompers can dictate as freely in the "democracy of the world," as he has autocratically done in the "democracy of America." One can hardly fail to recognize the fact that he has done good work in the interests of labor and the country, but in these days when kings and emperors are existing on such attention, his case ought to be considered.

"RUNNING THE UNSCRAMBLING MACHINERY"

When the armistice was signed November 11, the combined armies of the central powers totaled 7,600,000 men, while the allied strength was 18,700,000 men. In February the forces of the central powers had been reduced to 1,100,000, while the allied strength was 12,500,000, or a ratio of about twelve to one. These figures might be quiet the force of those who "are afraid that it will start up again." The War Department has not a mark for bringing home 318,000 men a month from France. Up to April 4 the reports from the Army had reached 1,804,171 men and officers.

The Pain of Grief and Sorrow

is quickly followed by shaking into the system some form of tonic. The tonic is usually a stimulant. Try it. It will be found to be a tonic. It will be found to be a tonic. It will be found to be a tonic.

WEST GREENWOOD

The community was saddened by the sudden death of Timothy Gill. For the past few weeks he had been confined to his home by illness, but the end did not come until late Friday evening, April 11th. For the few weeks he was ill he bore his troubles patiently and bravely, hoping that the day of recovery might soon come. Mr. Gill has spent the most of his days at his home in Greenwood. However, during his early life he followed the trade of woodman, returning about twenty years ago to care for his parents and continue the farming business on the home place with the aid of his brother, Mike.

Mr. Gill was highly esteemed among his many friends and neighbors, always willing, enthusiastic, and ready to aid them in whatever way possible. He is survived by three sisters and two brothers, namely: Mrs. Julia Murphy and the Misses Mary and Della Gill, all of Massachusetts; John Gill of Hartford and Mike Gill of Greenwood.

Much sympathy is extended to the bereaved family and especially to Mike, who was with him until the end.

The funeral was held at his late home in Greenwood on Tuesday, April 16th. He was laid to rest in the little cemetery a short distance from home. The floral tributes were many and beautiful.

Among the out of town people who attended the funeral were: Miss Mary Gill, John Gill, Mrs. Tom Gill of Portland, and John Barrett of Lewiston, a nephew of the deceased.

Mr. and Mrs. Peter Seamus of Shadogee were recent callers at the home of Mrs. Nellie Cross of Howe Hill.

Mr. and Mrs. John Jones are soon to move their goods to Hunt's Corner, where they have a rent.

Mrs. Ernest Cross completed her duties at John Deegan's and returned to her home April 13th.

Lester Swan and Herbert Berryment of Locke's Mills were recent callers in town.

John Harrington, who is employed for J. B. Ham Co. of Bethel, spent the week end at home.

John Jones was at Bryant's Pond, recently.

Mrs. Wheeler and two children of South Paris have been visiting her sister, Mrs. John Kennagh, for a few days.

Among the recent callers in town were: Mrs. Ingalls of Bethel, Perley Flanders, Charles Lydon, Arthur Cross, Mrs. Marcella Swan of Locke's Mills, Miss Mae Cross of Bethel and Mabel Bartlett of Albany.

SPRAYING BEN DAVIS APPLE TREES

An Outline of Special Treatment for This Variety

Last week in the series of articles of which the present one is a part, suggestions were given as to methods of controlling scale on the McIntosh apple. It was pointed out that the spraying program then outlined would not do for the Ben Davis and a number of other varieties. It is now proposed to discuss the spraying program in use on the Ben Davis at Highmore Farm, which has been adopted as the result of several years of experimentation there.

The Maine Agricultural Experiment for Maine planting and is, in fact, Station 1 not advocating Ben Davis experimenting on top working such trees over into other varieties, but like a private individual who has come into possession of orchards of this type it desires to secure the best grade of fruit possible under the circumstances.

The Ben Davis is fairly susceptible to scale; in the last 5 years the unsprayed plots have produced, on the average, about 45 per cent scabby fruit. One year this has been as low as 5 per cent while in another it has gone over 95 per cent. At the same time this variety is one of the most easily injured by spray materials. The problem then becomes, what method of spraying can be practiced which will produce a maximum of scab control and a minimum of spray injury. In other words, what will give the highest percentage of merchantable fruit?

Ben Davis mixture combined with arsenate of lead will control scale on the Ben Davis almost perfectly, if applied at the proper time, but at the same time it will cause much leaf spotting and defoliation and will produce a very high percentage of russeted fruit. Hence, when Bordeaux mixture is applied to Ben Davis, the percentage of merchantable fruit is frequently less than when a fungicidal spray is used at all. It, therefore, cannot be considered. Lime sulphur approaches Bordeaux mixture in efficiency in scale control and with it, combined with arsenate of lead, foliage injury is slight or often absent, and the amount of russeting is not excessive. At the same time experiments at Highmore have shown that, on account of this russeting, the percentage of merchantable fruit is usually set down somewhat.

One of the objects of recent experimental work at the farm has been to find a method of spraying by which scale control on the Ben Davis (and similarly russeting varieties) would be fairly efficient and, on account of large, fair efficiency and, on account of large, on the average, a higher percentage of merchantable fruit than are obtained.

New England Women

Be Examples of patriotic savers. The waste of war must be made up by the prudence of peace.

The "Victory" Loan is an ideal security in which to put savings. It possesses all the elements of desirable investment.



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This advertisement is endorsed and paid for by EDW. P. LYON AND FRED E. WHEELER as a part of their efforts to "finish the job" of war financing.

with the ordinary 1 to 40 or summer strength dilution of lime-sulphur and arsenate of lead. The discovery by the Station pathologist of the fungicidal value for scale of arsenate of lead, when used alone, furnished the key to the difficult and lead to the adoption of the so-called "modified spraying program" after the latter had been well tested on the experimental plots. The modified spraying program as used applies only to 3 applications; those made when the blossom buds are showing pink, just after the flower petal fall, and about 2 weeks later. For the pink bud spray, lime-sulphur 20 per cent stronger than standard, (about 1 part of ordinary commercial lime-sulphur concentrate to 33 of water or 1.5 to 20) is used, and 1 pound of dry arsenate of lead is added to each 50 gallons of water. If paste arsenate of lead was employed it would be necessary in each case to double the quantity. Every year this has given a high percentage of merchantable fruit than has the combined lime-sulphur and arsenate of lead. In 1918 the experimental plot on which the modified spraying program was followed showed an increase of 14 per cent in merchantable fruit, and a decrease of about 4 per cent of scab as compared with the same number of times with approximately 1 to 40 dilution of lime-sulphur which had been added 1 pound of dry arsenate of lead to each 50 gallons. These figures are as are obtained from the comparison of the averages of similar plots covering a period of 6 consecutive seasons.

PURE-BREDS VS. GRADES

Albert E. Hodges, Fairfield Center, In Farmers' Week Course

Albert E. Hodges, a prominent farmer of Fairfield Center, proprietor of Avondale farm, gave a very interesting talk on "Pure-Breds vs. Grades—The Difference in Net Income." Mr. Hodges is right at home in discussing this topic, for he has long been a believer in the theory that it doesn't pay to keep anything except the best in livestock. His address was purely informal but extremely instructive, relating as it did to his personal experiences on the farm.

He said that he was driven, by necessity for a larger income, to the keeping of pure bred stock. He bought at first a few pure bred cows and a registered bull, then gradually sold off the grades and replaced them with pure breeds.

"The returns from cream sold from pure-breds," said he, "are more than 50 per cent greater than from a grade herd, considering the amount of feed consumed. The male calves from my grade herd sold at \$5 to \$7 each, while the males from a pure bred herd sell at \$100 to \$200, and they furnish about half my income. Female calves from the present herd sell at three to five times the price of grades."

The caring for pure bred stock creates a much greater interest; the keeping of records brings me into contact with the most progressive farmers in Maine. I find there is more profit from one pure bred cow than from ten of the best grades I ever had. When the grade cow stops, after having given her milk at all, and must herself be sold to realize a profit, the pure bred cow will drop a calf that will sell at \$100 to \$200 at birth, and will repeat every year if properly handled.

awakened in me a desire for better methods in all lines of agriculture, and made me a better farmer all around than I would have been had I continued with grades."

EAST SUMNER

Union Grange met at a special meeting Saturday evening and conferred the first and second degrees. The following program appointments were made: Secretary, Jennie Bonney; Chaplain, Mary Gammon; Assistant Steward, Raymond Bonney; Ceres, Kate Chandler. Flora Hattie Russell, Cora Tibbets, Annie Crockett and Stella Robinson were chosen as a committee to confer with others in regard to a reception to our returned soldiers. Dean Leon Merrill will be the speaker at the regular meeting next Saturday.

Mrs. W. D. Tucker was called to Mechanic Falls by sickness in the family of her son, E. E. Tucker.

Mrs. L. H. Poland, who has been caring for her brother, who has been ill in Paris, has returned home. Her sister, Mrs. James Gammon, and little daughter are visiting her.

Rev. F. P. Dresser preached a very interesting Easter sermon at the Baptist church, Sunday.

Miss Esther Eastman, who is teaching in Winthrop, is spending a short vacation at her home here.

Mrs. P. S. Braden and son spent Friday with her father, W. P. Hayford, in Hartford.

Mrs. Lucy Russell, who has spent the winter in Florida, is expected home the first of May.

Mr. and Mrs. Herbert Hatlow, who have been the guests of their daughter in Temple, have returned home.

Mary Farrar of Dinkfield is at work for Mrs. J. A. Bonney.

Frank Ryerson and family have moved to their new home in Hartford. A wedding reception was given Mr. and Mrs. E. Vinton Braden at the Grange Hall, Tuesday evening. Large attendance and a fine time.

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VOLUME XXIV—NUMBER

CHURCH ACTIVITIES

UNIVERSALIST CHURCH
Morning service at 10.45.
School at 12.00. Evening service at 7.00, with union service at 8.00, May 7th, at 7.30.

METHODIST CHURCH
Morning service at 10.45; at the pastor's subject, "The Extinction of Life." Sunday School at 11.30. League at 3.00. Evening at 7.00; short talk by the pastor. Class meeting on Tuesday 7.30.

The Sunday School Board with Mrs. Lyman Wheeler, will meet at 7.30.

CONGREGATIONAL CHURCH
Central District Sunday School meets at this church Tuesday, May 1, at 10.30. Program finished last week.

Sunday: Morning service at 10.45. There will be piano music, an address by the pastor, and sermon by the pastor. My students will come in a bus. Union service in the chapel evening at 7 o'clock. Topic, "Lamentation to God. Serving." Sunday 10.30-11.30.

The Ladies' Club will be this week.

Mid-week service Tuesday at 7.30.

OXFORD COUNTY TEACHERS' ASSOCIATION

Meeting To Be Held In M. Building, Sumford on Friday.

The following is the program annual meeting of the Oxford Teachers' Association:

MORNING SESSION
10.00 to 10.45
Registration at Office of Superintendent of Schools, 1st floor, Municipal Building

GENERAL SESSION
Municipal Hall
10.45-12.00

Music, Stephen's High School Orchestra

Prayer

Business

Address
His Excellency, Gov. Carl E. M.

AFTERNOON SESSIONS
Department Meetings
1.35 to 2.45
Teachers of Grades 1 to 10

Teaching Number by the Development Process, Superintendent John C. Chiopeo, Massachusetts

Teachers of Grades 5 to 10
County Court Room, 1st Floor

Some Results in the Use of the Arithmetic Tests in the Fundamentals, Superintendent John C. Chiopeo, Massachusetts

Teachers of Secondary Schools
Municipal Court Room, 1st Floor

The Participation of All Pupils in Athletic Exercises, Mr. Carl L. Der, Sargent School, Boston

Description of Senior School Project, Mr. Ralph P. Mitchell, Leader of Boys' and Girls' Club

GENERAL SESSION
Municipal Hall
2.50 to 4.30

Chorus music and folk dancing

Business

Better Salaries for Better Teachers
Miss Florence M. Hale, State for Rural Education

Vocal Solo, Mr. George Frank, How to Tell a Teacher from a Student, Principal John G. T. son, State Normal School

EVENING SESSION
Municipal Hall
8.00

Music, Stephen's High School Orchestra

Vocal Solo, Miss Isabel Russell, Boston

Address, Dr. Payson Smith, State Commissioner of Education for Massachusetts

America, "Conscience and Character"

Officers of the Association
President—Superintendent J. E. Hams, Sumford

Vice President—Former Superintendent C. C. Tuttle, Buckfield

Secretary—Principal C. Soule, formerly of South Paris

Executive Committee—Superintendent C. C. Merrill, Norway; Principal P. B. Stinson, Dixfield; Miss N. B. Mickle, Canton

All persons interested in school are invited to become members of Association. Membership fee two dollars.

All sessions will open promptly at hours indicated in the program.

Entertainment—Apple provided will be made for serving dinner supper. Teachers desiring rooms Friday night should communicate

READ

the

Advertisements